

## Female Condom

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### Description:

The female condom is a polyurethane sheath which is inserted into the vagina before sexual intercourse. It is about 15cm long and has two flexible rings to keep it in place in the vagina.

It can only be used once. It is a physical barrier that stops body fluids (eg. semen and vaginal fluids) passing between sexual partners.

When used correctly, the female condom can be up to 95% effective as a contraceptive method. If not used correctly and consistently, the failure rate will be higher.

### Do's

To insert the female condom:

- hold the inner ring (at the closed end of the condom)
- insert the condom into the vagina as far as it will go
- with your finger inside the condom, push it up into the vagina (being careful not to twist the condom). The outer ring should remain outside the vagina, resting against the vulva.
- it is important to guide the penis into the condom.
- to remove, squeeze and twist the outer ring and pull out the condom. Dispose of the used condom in a rubbish bin.

### Tips

Additional lubrication is recommended with female condoms to avoid slippage and may increase comfort and pleasure. Both water-based and oil-based lubricants can be used.

Emergency contraception can be used to help prevent pregnancy if a condom slips or breaks. Emergency contraception is taken by the female partner and can be obtained from pharmacies, GPs, sexual health clinics or family planning clinics.

### Practical Advice

The female condom is suitable for most people. It can be used if either partner is sensitive or allergic to the latex in male condoms.

The advantages of the female condom are:

- it helps protect both men and women against sexually transmitted infections
- can be used with any kind of lubricant, including oil-based lubricants
- the polyurethane condom transmits heat well, which may make sex more enjoyable
- it can be inserted several hours in advance
- its size and shape allows it to protect more of the area around the vagina
- the penis does not have to be withdrawn immediately after intercourse.
- The disadvantages of the female condom are:
  - it not as widely available as the male condom
  - it takes some practice to use correctly
  - it is suitable for vaginal sex only, not anal sex
  - it is more expensive than the male condom.

For more information on the female condom, contact:

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- your local family planning clinic
- your local sexual health clinic.

### Other Resources

[Family Planning Queensland – Condoms – male and female \[PDF\]](#)

### Related Content

[How to use a condom](#) fact sheet

[Safe Sex](#) fact sheet

### Footnotes

[Family Planning Queensland – Condoms – male and female](#) fact sheet